



# BLACK BEANS NUTRITION FACTS

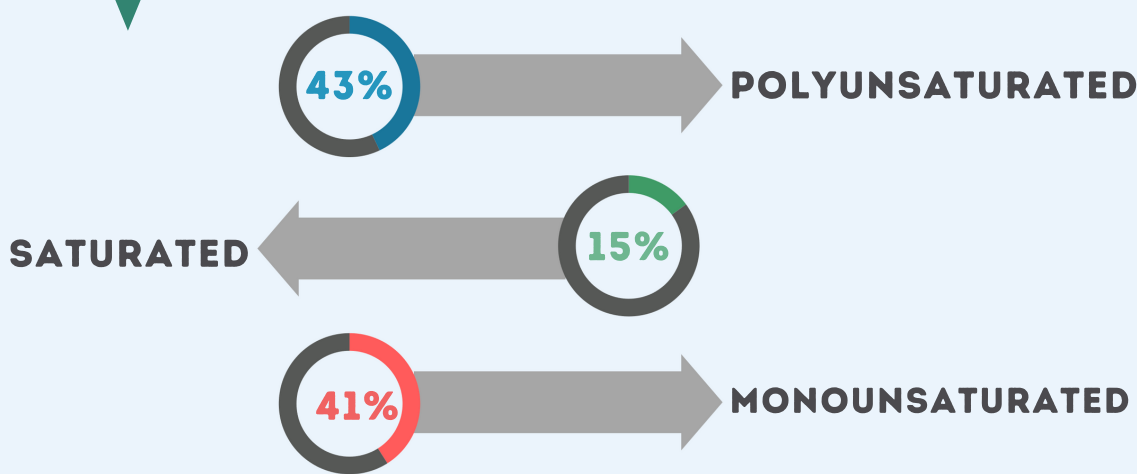


## CALORIES 180/100GM

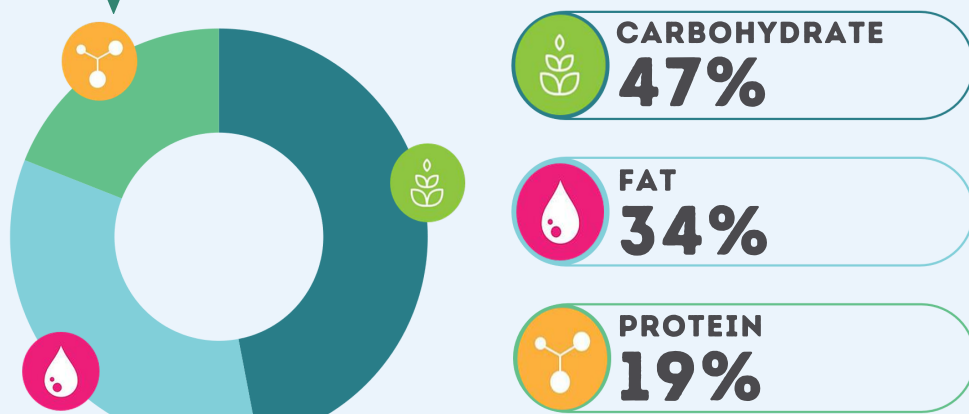
	AMOUNT		AMOUNT
CARBOHYDRATE	22.04 G	NIACIN	0.446 MG
FAT	7.01 G	VITAMIN A	0.00
PROTEIN	8.23 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.061 MG
FIBER	8.1 G	VITAMIN C	0.00
RIBOFLAVIN	0.052 MG	VITAMIN D	0.00
SODIUM, NA	217 MG	FOLATE	132 MCG
THIAMIN	0.215 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### BLACK BEANS OTHER NAMES

PHASEOLUS VULGARIS  
TURTLE BEANS  
CAVIAR CRIOLLO  
FRIJOLES NEGROS  
BLACK TURTLE BEAN

### MINERALS IN BLACK BEANS

25 MG	CALCIUM, CA	2 % (DV)
0.194 MG	COPPER, CU	22 % (DV)
1.96 MG	IRON, FE	11 % (DV)
65 MG	MAGNESIUM, MG	16 % (DV)
1.1 MCG	SELENIUM, SE	2 % (DV)
130 MG	PHOSPHORUS, P	19 % (DV)
330 MG	POTASSIUM, K	7 % (DV)
1.04 MG	ZINC, ZN	9 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.